

Alcohol & Other Drugs



Country &
Outback Health

Support for individuals who are misusing substances like alcohol or drugs, offering guidance, coping methods and connections to community services for a healthier life

Our AOD team are here to provide encouragement, guidance and therapeutic support that can give you the help you may need to reduce or stop your use of substances, alcohol or other drugs.

Our team understand the impact that problematic behaviours can have on your life and the lives of your family and friends.

Alcohol & Other Drugs

Our AOD team can work with you to;

- Reduce or stop your use of alcohol and /or other drugs by helping you to develop coping methods for withdrawal and recovery that work for you.
- Live a healthier, safer life by helping you to connect to community services who can assist with improving your physical health, housing situation, social life, finances and self-care.
- Build a support network by helping you to make peer connections to provide ongoing support
- Increase your social emotional and physical wellbeing by helping you to recognise your individual strengths which you can use to achieve your personal goals.

Our team can also provide educational support and a different point of view to family members and friends of people who are misusing alcohol or other drugs.

FREE Appointments with the AOD team can be at one of our offices in Port Augusta, Port Pirie or Kadina, or somewhere else in the community that you feel safe – the library or coffee shop for example. Telehealth is available for Whyalla residents.

To access this service, you can complete an online self-referral form or speak to your doctor about accessing this service through Country & Outback Health and they will complete a referral on your behalf.

Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.



Country &
Outback Health

Please phone us or visit our website for more information

P: 8644 4900
www.cobh.com.au

Funded by



An Australian Government Initiative

This service has been made possible by funding from
Country SA PHN



Country & Outback Health is not an emergency service. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: • healthdirect 1800 022 222
• Regional Access 1300 032 186 • Lifeline 13 11 14 • Mental Health Emergency 13 14 65
• 13 YARN 13 92 76 • QLife 1300 555 727 • Kids Helpline 1800 55 1800